

引 人 注 目 新 展 開 !!

AN EXCITING NEW

DEVELOPMENT !!

戀愛

Love 10 years in the making!!

從第十年開始

After 10 years, you will
千萬不可錯過這比

more exciting
的萬

times the same
的萬

GAME.40

天乃忍

SHINOBU

忍

一心一意的
特約
♥戀愛

Newest
Volume 7
popular manga
now on sale
!!



YEA
...

Well,
you did
your best.

SO,
SOUMA-KUN
FINALLY HAD
AN HONEST
TALK WITH
YOU.

AH,
I
SEE -



**SOUMA
KEI**



**KUJOU
MIKOTO**

Y
A
N
A
O
G
T
I
O



**FUTIMOTO
SHIORI**



**TACHIBANA
MOMOKA**



Everything's fine
isn't it?

He'll probably
treat you
normally, so if
that happens
just do the
same and you'll
be good.

BU- EH
BUT...

WHAT
SHOULD I
DO IF I
RUN INTO
KEI-KUN?

I HOPE IT'LL
BE OKAY...

I-
AFTER
THIS



THERE'S
NOTHING
YOU
CAN
DO.

YOU SEEM
REALLY
DOWN
ABOUT IT,
BUT THAT
DOESN'T
MEAN HE'S
ALSO
SULKING.

LISTEN.

YOUR
REJECTION
MUST'VE
REALLY HURT
HIS FEELINGS.

IT MAY HAVE
NOT HAD
BUT STILL



And, if you're
feeling this
guilty, you
might be being
rude toward
Souma-kun.

MIKO-CHAN.

BUT SOLIMA-KUN'S
FEELINGS ARE HIS
OWN PROBLEM.

THERE'S
NOTHING
YOU CAN
DO. JUST
PUT YOUR
FEELINGS
FIRST.

SHIORI-
CHAN IS
REALLY
AMAZING...

WOW-

THERE'S SO
MANY THINGS
I DON'T
UNDERSTAND

...
AM I
REALLY
...

AH-
MY
BAD,
SOR-

HEY,
MIGHT
BE
DIFFICULT.



2024年12月15日 星期一

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |
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WATER-RESISTANT

2000



1998

2000



Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not participate in any physical activity during the study. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at the beginning and end of the study. The results showed that the training group had a significantly higher HR and HRR at the end of the study compared to the control group. The HR increased from 140 to 150 beats per minute, and the HRR increased from 10 to 15 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 10-week training program can improve the HR and HRR of sedentary middle-aged men.

第一卷 第一章 第一节



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HALLOCK

100

[illegible]

DECEMBER 1997



Q **What is the best way to get a good deal on a car?**

| | | |
|----|------|------|
| 姓名 | 性别 | 年龄 |
| 职业 | 学历 | 籍贯 |
| 住址 | 联系电话 | 电子邮箱 |









ERR,
SO ON
SUNDAY,
I WONDER
HOW'D IT GO
WITH
SOLMA?

I JUST
CAN'T
HELP
BEING
CURIOUS
ABOUT
THINGS I'M
CURIOUS
ABOUT!



OF
COURSE
I AM.
HE'S
MY
FINAL
AFTER
ALL.

DRIVEN
HIM.
I'M
SUCH
AN
IDOT
FOR
ASKING
SOLMA.



IS THIS
BRINGING
UP TEARS
OF
GRATITUDE
?

TEARS
EYES

KEI-
KUN
IS

SO KIND,
AND
HE'S A
REALLY
STRONG
AMAZING
PERSON



HOW
LONG
WILL
I KEEP
CRYING?
THIS IS
NO GOOD

ALL I'VE
GOTTEN IS A
DECLARATION
OF
FRIENDSHIP....!
I'M REALLY
FALLING
BEHIND, I NEED
TO START
MAKING A
COMEBACK....!

SCREAMING
I GOT
DOWN



EH-

I HEAR I
ALWAYS CARE
ABOUT WHAT
THOSE TWO
ARE UP TO
WHEN THEY
ACCOMpany
EACH OTHER,
IT'S TRUE.

I COULD
ASK KIDOU
UP FRONT,
BUT THAT
WOULD BE
BAD
I'D HAVE
TO DO THAT.





WELL,
IT'S BECAUSE ...

BLAH-BLAH
YAAAAA-
YAAAAA



OKAY-

AND NOW
SHE'S
DRESSING
UP FOR A
DATE?

WHY ARE
YOU
SHOPPING
HERE...

IT'S A VERY
PEAK-PHASE
MOMENT

HLIH-
MOMO-
CHAN
WHAT A
CONCISE-
DENCE!

OVERLOAD

I WON'T!

I
MEAN,
A
"DATE"
...

...
THIS
DOESN'T
SUIT YOU
AT ALL...

THAT
OUTFIT;
MY SENSE
OF
FASHION
CANNOT
ALLOW
THIS...

YOU HAVE NO
CURVES, THAT
PRESS JUST
DOESN'T WORK WITH
YOUR CHEST! OTHER
THAN THAT IT'S
JUST PRETENTFUL!

YOUR FEATURES
DON'T LOOK
SWEET, THIS
PASTEL COLOR
JUST DOESN'T
SUIT YOU,

THIS
TOTALLY
DOESN'T
WORK!

滔滔不絕滔滔不絕
NON-STOP TALKING



IT'S
COME
TO THIS
AGAIN.

WELL

疲憊不堪...

AS I
EXPECTED,
YOU'RE
AMAZING!

EFF: DEAD TIRED



WHY
COME?

WELL, I
WOULDN'T
CALL IT A
DATE...

YOU
LOOKED
REALLY
CUTE!
I'M
LOOKING
FORWARD
TO YOUR
DATE!



THAT'S

U M M



BECAUSE
YANAGI
IS
...



I'LL
DO
IT.

福

WHACK

I'LL SHOW
YOU HOW
TO META-
MORPHASIE
YOU FROM A
CATER-
PILLAR
INTO A
BUTTERFLY

WHAT'S
WITH
THIS
HEAT
ALL OF
A
SUDDEN!

咿
咿
咿



THAT.

WELL I DO LIKE YANAGI BUT.

JESUS,
MOMO-CHAN



SPIT
IT
OUT.

I SAID TO
HEAT YOU UP
IF YOU WERE
APPROXIMATE
ABOUT
TALKING TO
ME, DIDN'T IT?



HUH
?

YANAGI

ALREADY
HAS
SOMEONE
HE LIKES



KISSED
ME.



ON
MY
FORE-
HEAD

HE,

YANAGI
WAS
DUE
ASLEEP
AND HE

AT
MAYBE-
KUN'S
BIRTHDAY
AFTER
EVERYONE
WENT
HOME.

I
HAVEN'T
TALKED
ABOUT
THIS
BEFORE
BUT,

SEE

THAT WOULD
BE YOU

WOULDN'T
THAT MEAN
THAT
WOULD BE
THE
PERSON
WHO HE
LIKES...

SO

I THINK HE
PROBABLY
MISTOOK ME
FOR
SOMEONE
ELSE...

一身
吐槽點
WANTING
TO RANT



UHHH, HE
PROBABLY
KISSED HER
BECAUSE HE
WAS DRUNK...

WAS A
HEAVY
LICK...

YOU
AREN'T
PLANNING
ON GIVING
UP NOW,
RIGHT?

WELL...

EVEN IF IT
SEEMS
LIKE THAT
FOR NOW,

THOSE TWO
HONESTLY
HAVE REALLY
PECULIAR
PREFERENCES
AND
THOUGHTS.

I DON'T
THINK
THERE'S A
REASON
FOR YOU
TO GET
DOWN...?

IT'S
NOT
WELL
SEE,

HOW
THE
HELL
DID I
LOOSE
TO
THIS
GIRL...

... I

THEY'RE
MADDO-
CRANTS

THAT'S
DON'T LET IT GET
YOU DOWN, SHE
JUST TALKING LIKE
THAT

?



I
HAVEN'T
REALLY
PUT
MUCH
THOUGHT
INTO IT

WE-
IF IT'S
LIKE
THAT,
SHOULD
I...

ISN'T THE
FIRST DATE
IMPORTANT?

YOUR CLOTHES,
WAY OF SPEECH,
VULNERABILITY,
THE TOUCHING...

THEY SAY
YOU CAN
COMPLETELY
SMASH A
MANS HEART
WITH THOSE.

A LIE

!?

WELL
THAT'S
PRETTY
TERRIBLE,
NO?

OH
FU+

MOMO-
CHAN'S
HAVING A
BIT TOO
MUCH FUN.

SOME ONE LIKE
YOU WHO HAS A
PRETTY LOW
LOVE-LEVEL WILL
HAVE A HARD
TIME GETTING HIM.

SOMEONE
LIKE
YANAGI'LL
BE AN
EXTRA-HIGH
HURDLE.



YOU GIVE
HER
ANXIETY
AND NOW
JUST
LEAVE...



THAT'S
RIGHT,
I'LL GET
SOME
STUDY
BOOKS.



WELL,
TRY
YOUR
BEST
THEN.

SEE
YA.







UMM

IS IT
STRANGE
... ?



EH?
...

...
!?

GO-

GOOD
MORNING

SEE,

SHIORI-
CHAN AND
TACHIBANA
-SAN
PICKED IT
OUT FOR
ME.

EH-
TACHI
BANA
!?

HOW IS
SHE
INVOLVED?

SHIORI
DID MY
HAIR

WE DON'T
NEED TO
WASH OUR
HAIR
WE'LL APPLY
LIGHTLY



YA-
YANAGI
...

OH,
KUJOU
...

I'VE
BEEN
THINKING.

WE'VE
MET TO
GO OUT
TOGETHER
BEFORE
BUT,

THIS IS THE
FIRST TIME
WE'RE DOING
SOMETHING
LIKE THIS,
RIGHT?

THAT'S
NOT A
THOUGHT!

ARE
THEY
REALLY
...

AREN'T
YOUR LEGS
SHOWING A
BIT MUCH...?

STOP
LOOKING
AT ME
THAT...

UH-

I
DON'T

THINK IT'S
REALLY
STRANGE.

BUT,

WA-
IT'S
FINE!
LISTEN!

I'LL
QUICKLY
GO HOME
FOR A
MOMENT.

TH-
THANKS

HAHAHA

WHAT IS
THIS!
IS THIS A
TRAP?

FUJIMOTO...!

THINK
IT'S
CUTE

I
JUST

ANY-
-WAYS.

AWR
GH!!

咣
GO-

倒下

BAW

THAT
BOOK
SAID
TO...

AFTER
ALL
LATER
I'LL BE
PUSHED
INTO IT!

WELL,
I
WOULDN'T
FALL
FOR
THIS!

SO-!

A-
ALREADY

WHAT
KIND
OF
FOOD
DO
YOU...

FOR
NOW
LET'S
GO EAT
LUNCH

HM.
WHAT
ELSE
DID
THAT
BOOK

TH-

THAT
WAS
ODD.

THERE'S THIS
DELICIOUS
BISTRO NOT
TOO FAR
FROM HERE.
IT HAS GOOD
REVIEWS. IS
THAT
OKAY?

OWW-

ARE
YOU
OKAY?

ARE YOU
SO
HUNGRY
THAT
YOU'RE
GETTING
DIZZY?

Pretend
to be
unstable
to get
some
body-
contact

TIP
32

WHAT WAS
THAT
FOR!?

H-

MUH?









BUT FOR
THE FIRST
TIME, MY
HEART
WON'T
STOP
BEATING
FAST.

THIS
IS
ODD.

EATING
WITH
YANAGI
SEEMS
LIKE SUCH
A NORMAL
THING.

SO
DID YOU
THINK OF
WHERE
YOU
WANTED
TO GO?



WELL...
WHAT DID
THAT BOOK
HAVE
WRITTEN
IN IT-

HAWHA
:
:



!
OI-
IT'S-

SLIP

EH?

WO-
THERE
ARE
STAIRS
THERE,
BE
CAREFUL.





UWAA

WHAT
SHOULD
I DO

WELL IT'S
YOUR FAULT
FOR WALKING
WITH YOUR
HEAD IN THE
CLOUDS!
YOUR
ACTING
PRETTY
UNUSUAL
TODAY.

EH

MY
HEART IS,
BEATING
SO FAST



THANK YOU FOR READING!



LAST GAME

ラストゲーム

GAME 40

MANGAKA:

AMANO SHINOBU

天乃

忍

TRANSLATION:

QUINC TL

SPECIAL THANKS:

MIZUSHIMA-SENSEI

FOR HELPING WITH TERMS

KAT-SENSEI

FOR CHECKING THE TL